

Arctic Char with Orange-Caper Relish



Ingredients

- 1 cup orange sections
- 2 tablespoons slivered red onion
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon capers, minced
- 1 teaspoon grated orange rind
- 1 tablespoon fresh orange juice
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon rice vinegar
- 1/8 teaspoon ground red pepper
- 4 (6-ounce) arctic char fillets
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Cooking spray

Preparation

- Combine first 9 ingredients in a small bowl; toss gently to combine. Cover and chill until ready to serve.
- Heat a large heavy skillet over medium-high heat. Sprinkle fish with salt and pepper. Coat pan with cooking spray. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Place 1 fillet on each of 4 plates; top each serving with about 1/4 cup relish.